

Nutritious Meals and Snacks for Children in Care!

Few things in life are certain, but nutritious meals and snacks for children can be! Just make sure your child care provider participates in the USDA Child and Adult Care Food Program (CACFP). Here's what CACFP offers you and your children:

Nutritious Food ...

CACFP providers make sure your children get meals that are:

- ☞ Tasty and tempting
- ☞ Full of vitamins and minerals
- ☞ Rich in a variety of nutritious foods
- ☞ 3/4 of the daily nutrient requirements, when your children eat 2 meals and 1 snack

Convenience ...

- ☞ Save time!
- ☞ You do not have to worry about packing snacks or meals for your children when you choose a CACFP provider

Quality Assurance ...

CACFP is funded by the U. S. Department of Agriculture (USDA).

CACFP providers must:

- ☞ Have a child care permit or Virginia State license
- ☞ Attend yearly training on nutrition
- ☞ Allow Food Program monitors to visit their homes three times a year

An Educated Provider ...

CACFP child care providers are trained in:

- ☞ Food safety and sanitation
- ☞ Meal planning and food preparation
- ☞ Early childhood development
- ☞ Fun food activities for children

Why wait? Tell your child care provider about the USDA Food Program. Everybody wins! You feel good because your children eat healthy foods, and your provider encourages good nutrition and healthy eating habits. **Want more information?** Call (703) 324-8100!



... an early childhood education agency

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Reasonable accommodations available upon request.
Call 703-324-8000 or TDD (Virginia Relay) 711.



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